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APPENDIX A

MONROE TRAINING

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SUBJECT: The Monroe Training (U)

1. (S/NOFORN) The GRILL FLAME Program having now had more than two years experience in the remote viewing field has observed that the most critical element conducive to reliable remote viewing is the ability of the remote viewer to physically relax and mentally concentrate on the task at hand. Providing an environment congruent with this required state is, therefore, necessary for continued reliable military application of the remote viewing phenomenon.

2. (S/NOFORN) A unique form of relaxation/concentration methodology has become available through the Monroe Institute of Applied Sciences (MIAS), P.O. Box 94C, Faber, VA 22938. The basis of the relaxation/concentration methodology offered by MIAS is the Frequency Following Response (FFR) and Hemispheric Synchronization (HEMISYNC) (see Inclosures 1 and 2), which are created by listening to sound frequencies both singly and binaurally. By blending and sequencing such frequencies, it is possible to aid the individual to develop states of relaxation and mental concentration. Application of this methodology consists of a series of prerecorded cassette tapes utilizing FFR, HEMISYNC and vocal guidance to achieve the desired state of relaxation/concentration. These tapes are heard through stereo headphones while in a relaxed position. Our goal in using this methodology would be to provide this conducive environment to remote viewers during the conduct of sessions to stabilize their reliability. If an individual is unable to relax and concentrate on the task at hand he will be unable to do reliable remote viewing.

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